Portion Control: It's in Your Hands!

The holidays are here which means feasts, festivities, and if you're not careful a couple of extra pounds! With all the hustle and bustle of the season it's easy to get into a holidaze and let portion distortion take over. This doesn't mean you shouldn't indulge in a tasty treat from time to time; just remember to keep portion sizes in check. There's no need to memorize complicated conversions just simply use your hand to measure serving sizes.

**Fist = 1 cup or 1 medium whole fruit**
1/2 a fist = 1/2 a cup
*Remember 1 serving of cooked rice, or pasta is only 1/2 cup!

**Palm (minus fingers) = 3 oz of cooked meat, poultry, or fish**
Two servings or 6oz of lean meat should be part of a daily diet. One palm size portion equals 3 oz.

**A Thumb (tip to base) = 1 oz of cheese**
Counts as 1 of the 2-3 daily recommended servings of dairy

**Cupped hand = 1-2 ounces of nuts or pretzels**

Of course we can't forget about the other item occupying your hands while you're perusing the buffet table, your drink! How would we manage the holidays without them?!

5 oz of wine = 125 calories
12 oz of beer = 150 calories
12 oz Light beer = 100 calories
1 1/2 oz of hard liquor =105 calories

Keep in mind that "empty calories" from alcoholic beverages add up quickly and also lower inhibitions which in turn can cause one to overeat.

So now that you have a hand up on serving sizes get out there and spread some holiday cheer!!

Happy Holidays!!

“All you need is love. But a little chocolate now and then doesn't hurt.”

— Charles M. Schulz

**References**